

The Monroe Institute Presents:
The Creativity Unleashed Program



Tap Into Your Imagination.
Unlock Your Creative Expression.

2015 Website Program Description

The Creativity Unleashed program provides a means of coherent expression from the core essential self as we create our being, our doing, and our lives. Life is creation and creation is life.

The Monroe Institute® presents Creativity Unleashed, a 5-day/6-night journey of self-discovery into your creative expression. **Discover the essential tools needed to open your imagination, awaken your dormant artistic abilities, and access your creative powers.**

Over the course of your time with us, you will explore different combinations of audio guidance technologies to help you **expand your consciousness and access your creative potential.** Experience state-of-the-art Hemi-Sync® technology to support you in moving into deep states of relaxation, meditation, and creative expression.

Open Your Imagination. Release Your Creative Expression.

I AM READY TO EXPLORE!

During this empowering program, you will learn a variety of meditation tools and techniques that have been shown to help increase creativity. Embark on an exploration into the areas of your unique creative expression by:

- Creating and recording an audio/sound production
- Exploring right side of the brain drawing
- Experiencing free form intuitive painting
- Expressing yourself in writing through journal development







Expand Your Consciousness. Enhance Your Creative Powers.

I AM READY TO EXPLORE!

Program Developer: Patty Ray Avalon



Patty Ray Avalon, Creativity Unleashed program developer, is a highly talented artist, healer, energy worker, and teacher of consciousness enhancing techniques. She trains participants to use their consciousness to access guidance, improve manifestation, and learn self-healing and self-actualization skills. Patty is a graduate and former faculty member of the Barbara Brennan School of Healing and has been a Residential Trainer at The Monroe Institute for over fourteen years. She created over thirty-five Hemi-Sync exercises through Monroe Products and continues to facilitate programs every year.

Your Facility for this Exploration: The Monroe Institute



TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have journeyed to our facilities looking to expand their consciousness and discovering many of the answers to life's mysteries along the way.

Tap Into Creative Genius. Express Your Greatness.

I AM READY TO EXPLORE!

Our Creativity Unleashed Program empowers you with the ability to reactivate hidden or repressed creative energy. Discover how to transmute limiting beliefs, ignite inspiration, and tap into your creative expression to enhance all aspects of your life. Many participants report:

- Greater creative problem solving
- Uncovering hidden aspects of oneself
- Experiencing freedom and empowerment
- Identifying new passions and talents
- Discovering artistic expression and insight
- Finding inspiration in everyday life
- And much more!





Just imagine how unleashing your creative expression can powerfully transform your life forever!

I AM READY TO EXPLORE!

Don't take our word for it. Here are what our past participants have to say about their personal experience with this program.

"I felt totally supported and encouraged to ride my creative wave and feel the blocks fall away. I was impressed with the way all supplies magically appeared, everything and anything we needed to explore our creativity." ~ John R

"I am soooo stoked! I've come up with all these projects to do! AND...a new business possibility that I am actively working on. Thank you!!!" ~ Lucinda

"As a painter, I am always looking for extra insight to go deeper in my work. The TMI Creativity Program led me to levels I never imagined. What an opening." ~ Judith

"I wrote poetry. I surrendered to the moment. I chose colors that were therapeutic for me. Indeed, I was in communion with the Muses. All circumstances permitting, I will attend the next weeklong creativity course." ~ Bryan

"I have shared my experience at the workshop with many friends and I have even had the courage to play the song I wrote. Keep up the wonderful work!" ~ Cheri







Our Unique 5-day/6-night All-inclusive Creativity Unleashed Program Offers:

- Daily creative expression exploration facilitated by our skilled trainers
- Semi-private accommodations
- 3 delicious home-style meals a day
- Daily yoga classes
- Transportation to and from airport (see details)
- As well as access to walking/hiking trails, complimentary WiFi and massage therapy upon request (additional fee).







This Creativity Unleashed Program is only offered at The Monroe Institute once this year. **We strongly recommend reserving your space in advance!**

Tap Into Your Imagination. Unlock Your Creative Expression.

I AM READY TO EXPLORE!



“You are more than your physical body. Go experience for yourself.” ~ Robert Monroe

*Note: Every Creativity Unleashed experience is unique to the individual. No one experience is like any other. Each participant will have an experience in ways consistent with their needs and beliefs.

Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Monroe Products.